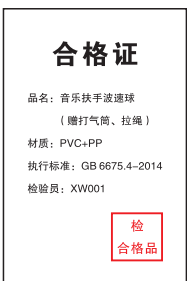
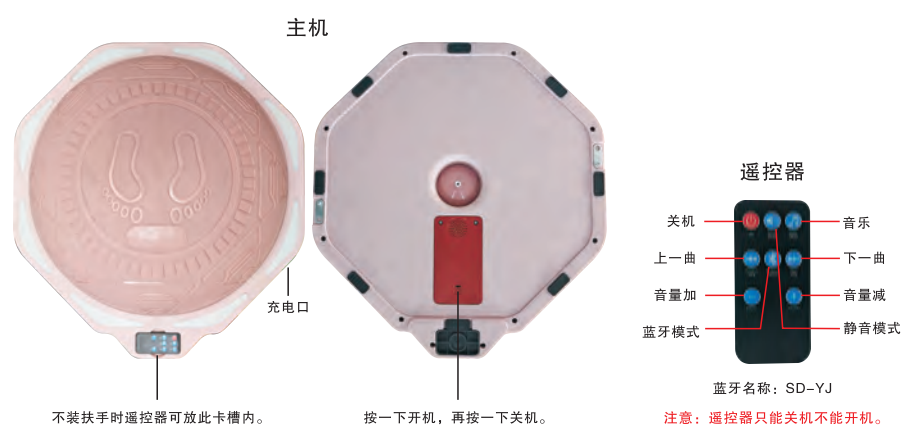


中文

按键使用说明



安装使用说明视频

音乐扶手波速球 安装使用说明

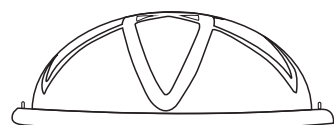


一、波速球充气时的注意事项:

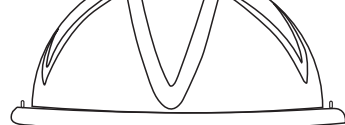
一般来说，球充到球皮鼓起来就可以，或者手按上去有点弹性的也可以。千万不能将球打的太鼓，这样会损坏球体。因此需定期检查球的大小、硬度，确保练习时，球的充气程度合适，以及使用的安全性。

【需要充气视频可联系客服】

充气步骤



正确的充气结果



充气过多，坚决杜绝!

安装步骤

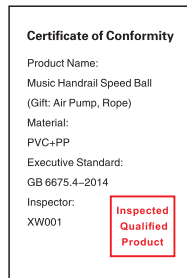
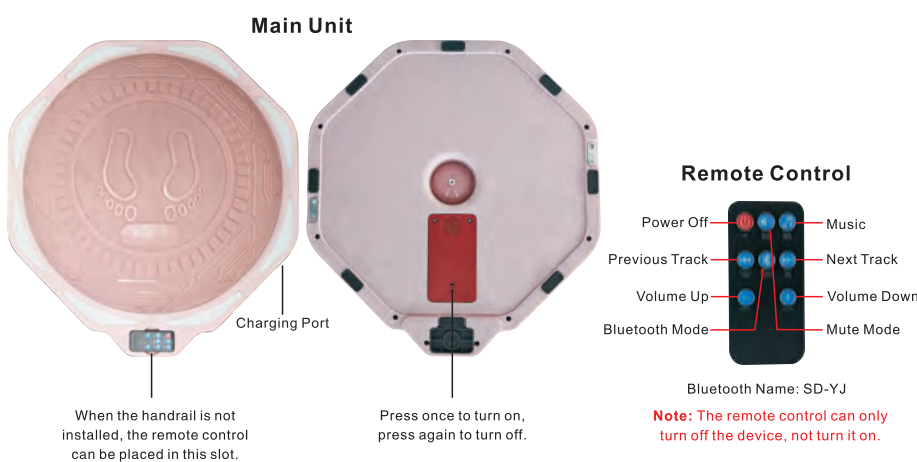


二、波速球的特点:

波速球是一种充气状【半圆形】工具，在使用过程中，因为需要掌握身体平衡，能够间接地训练到核心肌群。所以使用波速球来锻炼是个一举多得的方式。波速球主要由两个部分组成，上半部分是橡胶制成的半球，下半部分是个塑料平台。波速球的两面都可以进行训练，主要特色是不稳定表面训练。

英文

BUTTON USAGE INSTRUCTIONS



Warning:
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If interference is found, you are encouraged to try to correct the interference by one or more of the following measures:
—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Consult the dealer or an experienced radio/TV technician for help.
NOTE: This device and its accessories must not be used in operation in conjunction with any other antenna or transmitter.
The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure condition without restriction.



Installation and Usage Instructional Video

BALANCE BALL WITH MUSIC HANDRAIL Installation and Usage Instructions

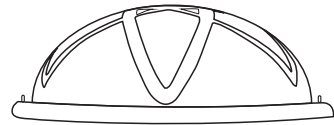


1.Precautions for inflating a balance ball:

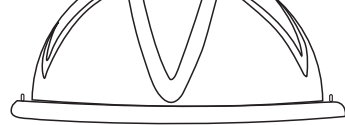
Precautions for inflating a balance ball: Generally, inflate the ball until the surface is taut, or until it feels slightly elastic when pressed by hand. Never overinflate the ball, as this may damage the ball body. Therefore, regularly check the size and firmness of the ball to ensure it is properly inflated during use and that it is safe to use.

[If you need an inflation video, please contact customer service.]

INFLATION STEPS

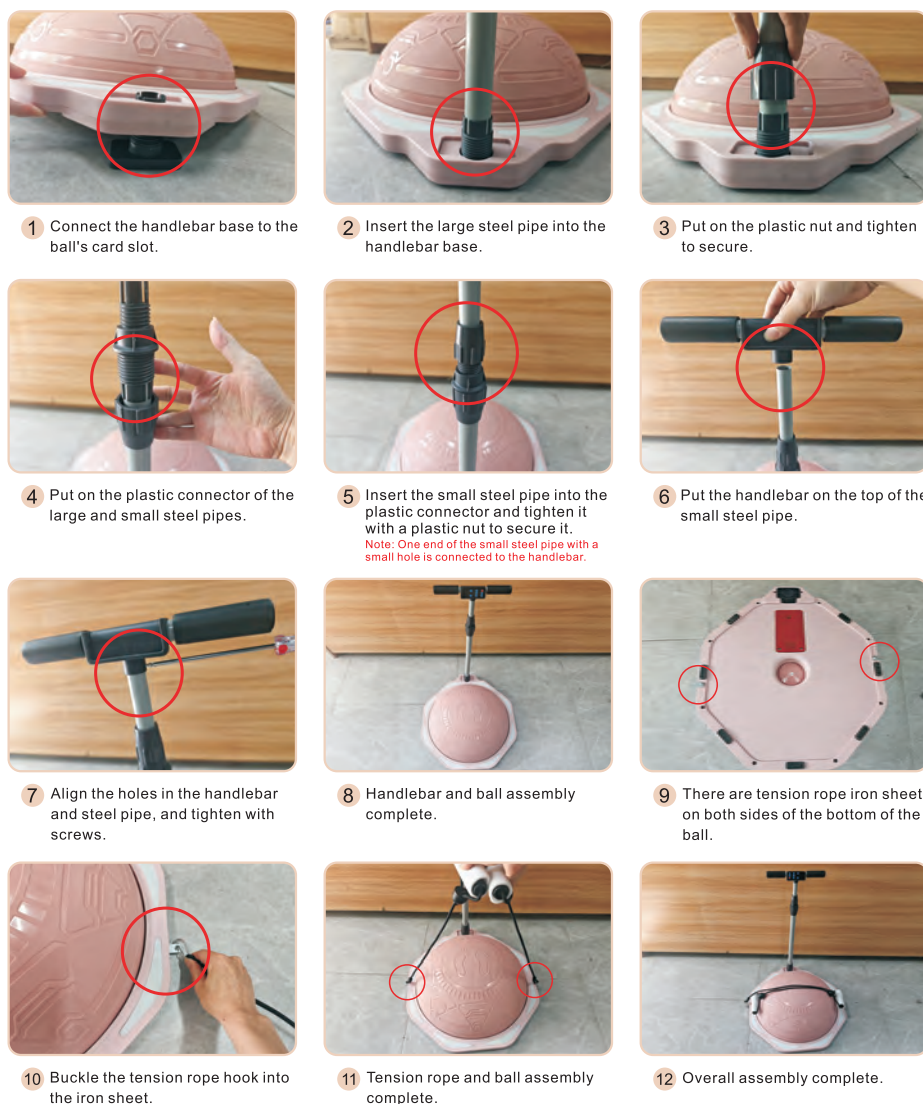


The correct inflation result.



Over-inflation must be resolutely prevented!

INSTALLATION STEPS



2.Characteristics of a Bosu ball:

A Bosu ball is an inflatable, dome-shaped tool. During use, because it requires maintaining body balance, it indirectly engages the core muscles. Therefore, exercising with a Bosu ball is a multifaceted approach. The Bosu ball mainly consists of two parts: the upper part is a rubber hemisphere, and the lower part is a plastic platform. Both sides of the Bosu ball can be used for training, with its main feature being unstable surface training.

FCC Warning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.